

SELF

April 2012

Fitness The 33 Hottest New Workout Classes in the U.S.

We polled more than 100 gyms and studios in four trend-setting cities (New York, Miami, L.A. and Chicago) for their hottest classes (including Zumba!). Not in those ZIP codes? Get better-body benefits wherever you are with our insider tips.



Miami: DanceStreetLab

TheSportsClubLA.com

What to expect: The sounds of Miami—Latin rap, Jamaican reggae and salsa—accompany music video–esque moves. And you don't have to be Shakira to hang. The first three songs are your warm-up, and the steps you learn (slowly!) provide the foundation for mastering the rest of the hour-long class.

Know before you go: DSL is so *caliente* that students spill into the hallways. Aim to arrive 20 minutes early.

Your turn: No matter what dance class you're in, the key to looking (and feeling) loose is to always keep knees soft. Don't lock 'em.

Courtesy of TheSportsClubLA.com